

～Follow your heart and intuition と説いた～

# スティーブ・ジョブズに 手紙を書こう



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iPhoneがこの世に誕生し、今年で満10年。iPhoneのヒットがきっかけで、スマートフォンは世界中に広まりました。今や高校生のみなさんにとっても日常の一部でしょう。

iPhoneだけでなく、パソコン、携帯デジタル音楽プレーヤーと音楽配信サービス、さらにはCGアニメーション作品など、次々と画期的な製品やサービスを世に送り出してきたのが、米アップル社の共同創業者の一人、スティーブ・ジョブズ氏(1955-2011)でした。ジョブズは先見性や獨創性、強いカリスマ性を備え、数々の名言も残しましたが、なかでも2005年、スタンフォード大学の卒業式でおこなった訓示は歴史に残る名スピーチとして知られています。リーフレット裏面はそのテキストの一部です。

生まれてすぐに養子に出されたジョブズは、養親が苦勞して入れてくれた大学を中退したり、自らつくった会社から放逐されたりと、波乱万丈の人生を送りました。「もし今日が人生最後の日なら、今日やることは本当に自分がやりたいことだろうか」。17歳のころから毎朝、鏡に映る自分にそう問いかけていたそうです。スタンフォード大学でのスピーチの1年前にはがんの手術を受けています。人生に限りがあることを実感したジョブズは、他人の意見に惑わされず、自分の心や直感に従う勇氣をもつよう、若者たちに呼びかけたのでした。

高校生のみなさんは、ジョブズの言葉をどう受け止めるでしょうか。裏面のテキストを読み、彼に宛てた手紙形式のエッセーを書いてください。

参考文献：ウォルター・アイザックソン『スティーブ・ジョブズ I・II』井口耕二訳、講談社+α文庫、2015年

## 募集要項

- 募集内容** スティーブ・ジョブズに宛てた手紙形式のエッセーを書いてください。英語の場合は400words程度、日本語の場合は1,200字(横書き)程度にまとめてください。
- 応募資格** 高校生(国籍・学年・性別・居住地は問いません)
- 応募方法** ①A4またはそれに準ずる大きさの用紙で手書きまたはパソコン使用。  
②応募作品に、氏名(フリガナ)・性別・住所・電話番号・高校名(所在県名)・学年を記載した表紙(A4またはそれに準ずる大きさの用紙)を添付して、下記に郵送してください。(ホッチキス留めはしないでください)
- 郵送先** 〒101-0032 東京都千代田区岩本町2-9-9 TSビル1F  
(株)栄美通信 津田塾大学 高校生エッセー・コンテスト係
- 募集期間** 2017年8月1日(火)～9月1日(金)必着
- 表彰** 最優秀賞1名(賞状及び副賞5万円を贈呈)  
優秀賞若干名(賞状及び副賞1万円を贈呈)  
最優秀作品は、10月8日(日)津田塾大学において表彰し、津田塾大学広報誌『Tsuda Today』と津田塾大学ウェブサイト、優秀作品は津田塾大学ウェブサイトに掲載・公表します。また、入賞者には10月6日(金)までに本人に通知します。なお、応募作品は返却しません。応募作品の著作権はすべて津田塾大学に帰属します。
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## Steve Jobs' 2005 Stanford Commencement Address (抜粋)

When I was 17, I read a quote that went something like: "If you live each day as if it was your last, someday you'll most certainly be right." It made an impression on me, and since then, for the past 33 years, I have looked in the mirror every morning and asked myself: "If today were the last day of my life, would I want to do what I am about to do today?" And whenever the answer has been "No" for too many days in a row, I know I need to change something.

Remembering that I'll be dead soon is the most important tool I've ever encountered to help me make the big choices in life. Because almost everything — all external expectations, all pride, all fear of embarrassment or failure — these things just fall away in the face of death, leaving only what is truly important. Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. You are already naked. There is no reason not to follow your heart.

About a year ago I was diagnosed with cancer. I had a scan at 7:30 in the morning, and it clearly showed a tumor on my pancreas. I didn't even know what a pancreas was. The doctors told me this was almost certainly a type of cancer that is incurable, and that I should expect to live no longer than three to six months. My doctor advised me to go home and get my affairs in order, which is doctor's code for prepare to die. It means to try to tell your kids everything you thought you'd have the next 10 years to tell them in just a few months. It means to make sure everything is buttoned up so that it will be as easy as possible for your family. It means to say your goodbyes.

I lived with that diagnosis all day. Later that evening I had a biopsy, where they stuck an endoscope down my throat, through my stomach and into my intestines, put a needle into my pancreas and got a few cells from the tumor. I was sedated, but my wife, who was there, told me that when they viewed the cells under a microscope the doctors started crying because it turned out to be a very rare form of pancreatic cancer that is curable with surgery. I had the surgery and I'm fine now.

This was the closest I've been to facing death, and I hope it's the closest I get for a few more decades. Having lived through it, I can now say this to you with a bit more certainty than when death was a useful but purely intellectual concept:

No one wants to die. Even people who want to go to heaven don't want to die to get there. And yet death is the destination we all share. No one has ever escaped it. And that is as it should be, because Death is very likely the single best invention of Life. It is Life's change agent. It clears out the old to make way for the new. Right now the new is you, but someday not too long from now, you will gradually become the old and be cleared away. Sorry to be so dramatic, but it is quite true.

Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma — which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary.

<http://news.stanford.edu/2005/06/14/jobs-061505/>